

# The Benefits of Three Buddhas' Holy Names

## 1. One Possessing Complete Victory

དེ་བཞིན་གཤེགས་ས་དག་བཅོམ་ས་ཡང་དག་སར་རྫོགས་པའི་སངས་རྒྱས་  
རྣམ་སར་རྒྱལ་བ་མངའ་བ་ལ་སྐྱེ་འཚེལ་ལོ།

DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI  
SANG GYÄ NAM PAR GYÄL WA NGA WA LA CHHAG TSHÄL LO

**To Tathagata, Arhat, Perfectly Completed Buddha, One Possessing Complete Victory, I prostrate.**

By hearing this holy name:

1. The lassos of the maras that tie you are cut.
2. You turn your back on samsara for sixty eons.

Reciting this name helps people who are receiving harm and those whom medicine is not able to help.

## 2. Free from Sorrow

དེ་བཞིན་གཤེགས་ས་ལྷ་ངན་མེད་ས་ལ་སྐྱེ་འཚེལ་ལོ།

DE ZHIN SHEG PA NYA NGÄN ME PA LA CHHAG TSHÄL LO

**To Tathagata Free from Sorrow, I prostrate.**

By hearing this holy name:

1. You generate happiness.
2. You are not stained by the six root delusions and the twenty close delusions.
3. You become free from sorrow.
4. You achieve enlightenment.

By achieving enlightenment, you are then able to free many sentient beings from sorrow.

If you devote yourself to this buddha:

1. You become supreme among the sentient beings in the world.
2. You collect unfathomable merits.
3. You are never separated from the buddhas.

### 3. *One who Achieved Great Bliss*

དེ་བཞིན་གཤེགས་པ་དབྱ་བཅོམ་པ་ཡང་དག་པར་རྫོགས་པའི་སངས་རྒྱལ་  
བདེ་བ་ཆེན་པོ་ཐོབ་པ་ལ་སྤྲུག་འཆའ་ལོ།

DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI  
SANG GYÄ DE WA CHHEN PO THOB PA LA CHHAG TSHÄL LO

**To Tathagata, Arhat, Perfectly Completed Buddha, One  
who Achieved Great Bliss, I prostrate.**

By hearing this holy name:

1. You are able to free all sentient beings from suffering and bring them to happiness.
2. You collect immeasurable heaps of merits.

Anyone who sees the names of these buddhas also receives much benefit. Therefore, it is good to put them on walls both inside and outside your house where people can see them.

*Colophon:*

Extracted by Ven. Joan Nicell, FPMT Education Services, from the teaching, *All of One's Suffering Comes from Wishing Happiness for Oneself*, by Lama Zopa Rinpoche at Kopan Monastery, April 5, 2020.